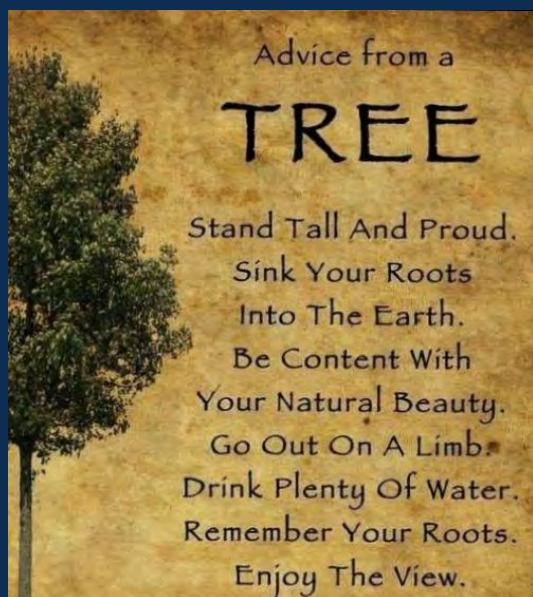


## Advice From a Tree

Myrna Lapres  
September 16, 2024



Coach Myrna, September 16, 2024  
[www.coachmyrna.org/](http://www.coachmyrna.org/)

## Advice From a Tree

Several weeks ago, my husband and I spent a few days camping in the Portola Redwoods State Park. Spending time in nature away from life's busy schedule always refreshes my soul. Having no cell service allowed me to shift my focus away from my **To Do** list, take some deep, cleansing breaths, and become aware of the incredible sights and sounds around me. Did you know that there's an actual scientific term for this feeling? Biophilia is a word for human's innate draw to the natural environment. Spending time with our family in nature and forests do much for human health and often provide us with the opportunity to feel a deeper connection to God, gratitude and how we are part of this amazing universe.

Portola Redwoods is a mixture of old and second-growth redwood forests include a genuinely impressive grove of old-growth redwoods along Peters

Creek Loop. One tree is a 1,200-year-old goliath known as The Old Tree near park headquarters. Hiking to it, I was impressed with its size--it is more than twelve feet around and I couldn't see its top. In the presence of this towering tree, I have a renewed sense of connectedness that all living beings have. It reminded me of the poem by Ilan Shamir "**Advice from a Tree**" and all the wisdom that can be gained from this immense redwood.

### **Advice from a Tree**

*Dear Friend,*

*Stand Tall and Proud*

*Sink your roots deeply into the Earth*

*Reflect the light of a greater source*

*Think long term*

*Go out on a limb*

*Remember your place among all living beings*

*Embrace with joy the changing seasons*

*For each yields its own abundance*

*The Energy and Birth of Spring*

*The Growth and Contentment of Summer*

*The Wisdom to let go of leaves in the Fall*

*The Rest and Quiet Renewal of Winter*

*Feel the wind and the sun*

*And delight in their presence*

*Look up at the moon that shines down upon you*

*And the mystery of the stars at night.*

*Seek nourishment from the good things in life*

*Simple pleasures*

*Earth, fresh air, light*

*Be content with your natural beauty*

*Drink plenty of water*

*Let your limbs sway and dance in the breezes*

*Be flexible*

***Remember your roots***

***Enjoy the view!***

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